



The Encourager

Metro Public Health Dept of Nashville & Davidson County, TN / Promoting and Protecting Health
Health Promotion - Chronic Disease Team

The Encourager
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Welcome to the premier edition of :

The Encourager, a quarterly newsletter for people with chronic diseases such as diabetes, cardiovascular (heart) problems, and renal (kidney) problems. It is published by The Chronic Disease Team, a Health Promotion team within the Metro Public Health Department. This newsletter is specifically designed to provide the most current information on chronic diseases to citizens living in Davidson County. A variety of information is covered, including prevention, wellness, and self-management skills as well as the latest technology in new medical breakthroughs. We hope you will find this newsletter informative and helpful. We welcome your comments. This issue will focus on diabetes.

Exercise and Good Health

Want a healthier lifestyle?

Become physically active!

Did you know that 20-30 minutes a day of activities 3-5 times a week can help you become healthier? If you have not been physically active, start slowly 5-10 minutes at a time three times a day. Gradually increase your activity to 20-30 minutes a day. Choose activities that will increase your breathing rate and cause your muscles to work. Your pulse or heart rate should rise to more than 100 beats per minute. You should still be able to speak comfortably.

How can exercise be increased?

- ♦ Walk! – To work, during break, in the mall, at the park, anywhere
- ♦ Take the stairs instead of the escalator or elevator
- ♦ Exercise while watching TV – while sitting move arms, feet, legs
- ♦ Clean house, garden, or do home repair activities

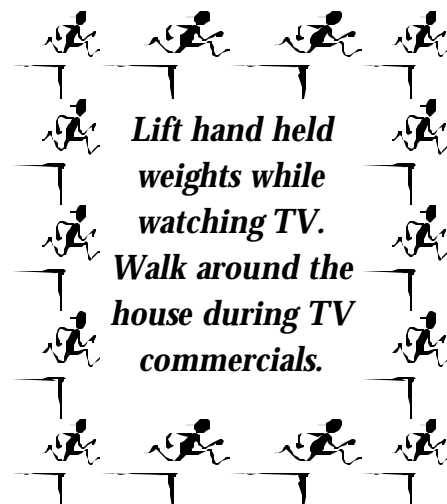
Why should you exercise?

Exercise is an important part of any health plan, but it is especially important for people with diabetes.

Exercise can:

- ♦ Lower your blood sugar and your blood pressure

- ♦ Reduce feelings of stress
- ♦ Strengthen your heart and reduce heart attack risk
- ♦ Give you more energy and strength
- ♦ Help you lose weight



Carbohydrate Counting

Carbohydrate counting is a meal planning method for people with diabetes. It is a great way to add variety to your food choices and flexibility to your meal plan.

Carbohydrate (carb) is the main nutrient in the food that affects blood glucose (sugar) levels. That's why carb counting is so effective for people with diabetes.

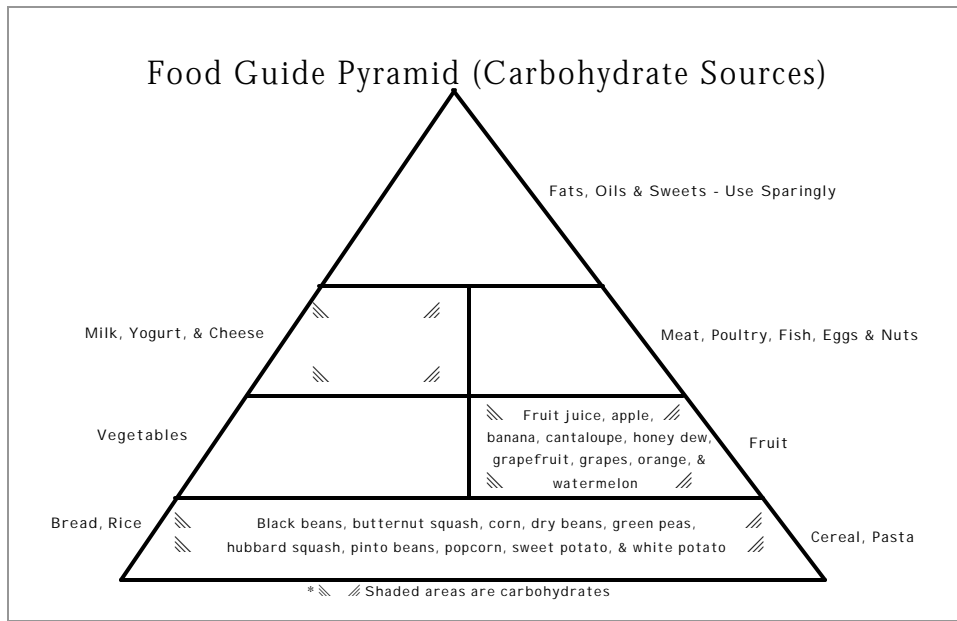
When you eat carb foods almost all the carb breaks down into glucose and is absorbed into your blood stream. When you eat too many foods with carb in them, your blood glucose level can go up

too high.

Eating a set amount of carb at each meal can help you control your blood glucose levels throughout the day. You *just* need to know how much carb your body can use without raising your blood glucose level too much.

Carb counting is easy. All you do is count the foods you eat that have carb in them. Start with three meals a day about 4-6 hours apart that include 34 carb servings. One carb serving is any food that supplies 15 grams of

carb. Starchy foods like potatoes, rice, and pasta have carb in them. Carbohydrates are also found in milk products and fruits. *Some carb is found in vegetables, too, but you have to eat a large amount to affect your blood glucose level. (example: green beans, turnip greens, cauliflower, etc.)* Check out the USDA Food Guide Pyramid for more carb foods.



*Carbohydrate
is found in milk,
fruits, starches,
and vegetables in
varying amounts.*

Coleslaw Recipe:

1 large head cabbage 1 tsp salt 1 large carrot

1 bell pepper 1 onion

Combine all ingredients and allow to set for one hour, then drain.

Boil for 1 minute:

1 cup apple cider vinegar 1 1/4 cup water

1 tsp celery seed 1 Tbsp mustard seed

Cool until lukewarm, then add 12 packets of no calories sweetener and mix. Pour liquid over drained cabbage mixture. May refrigerate for several days.



Ask the Educator:

1) **Today, I felt shaky, headache, blurred vision, and cold sweat; I tested my blood sugar and it was 115. I knew this was a normal reading. Why did I have the symptoms of a low blood sugar?**

Answer: When your blood sugars run too high for a long period of time the body adapts to these higher sugars. The symptoms of low blood sugar can occur with a sudden drop from the highs you have been running. Treat these symptoms like a low blood sugar.

2) **What is considered low blood sugar and how do I treat it?**

Answer: Normal fasting blood sug-

ars should be between 70–115. Lows should be treated with products that are fast acting carbs including 1/2 cup fruit juice, 3-4 glucose tablets, hard candy, etc. Avoid high fat products such as candy bars, cakes, or pies because they do not work as fast. Treat low blood sugar symptoms with 15 gm. of carbs, if symptoms have not improved after 15-20 minutes, take another 15 gm. carb. Check your blood sugar again, making sure it is not over 160.

3) **I usually check my blood sugar once a day – in the morning before breakfast. Should I check at other times?**

Answer: We recommend that you check your blood sugars at least twice

a day. This should be done before a meal and 1½ to 2 hours after that meal. Select a different meal each day. Blood sugars after meals should be no higher than 150. Check at bedtime every three days. In this way, you may see a pattern develop. You can see the effects of food, medication, and activity on your blood sugar.



High Blood Pressure & You

High blood pressure (b/p) or hypertension is a common problem in people with Type 2 diabetes contributing to increased risk of heart disease, stroke, kidney disease and early death. Most people don't "feel" it when their b/p is high. That's why it is often called the "silent killer". Good b/p control, and not just good blood sugar control should be an important part of your diabetes treatment plan. The good news is that high b/p is easily detected and usually controllable.

Blood pressure is the force of

blood pressing against the walls of the arteries that carries blood from the heart to the rest of the body. If your b/p is too high, it may damage the walls of the arteries and cause a buildup of fatty deposits. This will cause the heart to work harder to push blood through the arteries and raise your b/p even more.

Two numbers measure your b/p. The top number is the systolic pressure (heart contracting), and the bottom number is the diastolic pressure (heart relaxing). It is recommended that people with

diabetes keep their b/p in the range of **130/80** or lower to avoid any damage to the blood vessels.

Risk factors for high b/p that can be controlled are: stop smoking, use less salt, reduce fat intake, lose weight (1-2 lbs. per week), limit alcohol intake, and exercise (30 minutes – 5 times per week). Also take meds as prescribed, reduce stress and keep doctor appointments. Other factors that cannot be controlled are family history, aging and race (African American).



**METRO PUBLIC HEALTH DEPT OF NASHVILLE &
DAVIDSON COUNTY, TN**

Promoting and Protecting Health

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Request for ADA accommodation should be directed to John Dunn @ 340-2219

Word Search

c	h	r	o	n	i	c	z	t	m	r	c	a	h
m	a	x	e	e	y	e	d	e	t	a	l	i	d
n	c	r	o	t	i	n	o	m	b	u	j	m	a
b	v	k	b	w	r	y	l	a	x	f	z	e	u
n	e	u	r	o	p	a	t	h	y	w	i	c	q
r	f	q	e	s	h	k	x	d	p	f	g	y	s
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m	e	a	l	p	l	a	n	k	a	i	o	h	i
p	n	w	c	z	j	o	m	y	r	u	n	f	o
z	s	t	r	e	s	s	p	i	c	g	a	g	n
g	o	d	m	n	a	z	u	i	h	w	r	b	v



Highlight or circle the following words. Have Fun!

Carbohydrate	Insulin
Chronic	Meal Plan
Depressed	Medication
Diabetes	Monitor
Dilated eye exam	Neuropathy
Exercise	Podiatrist
Fasting	Starch
Glucose	Stress
Hyperglycemia	